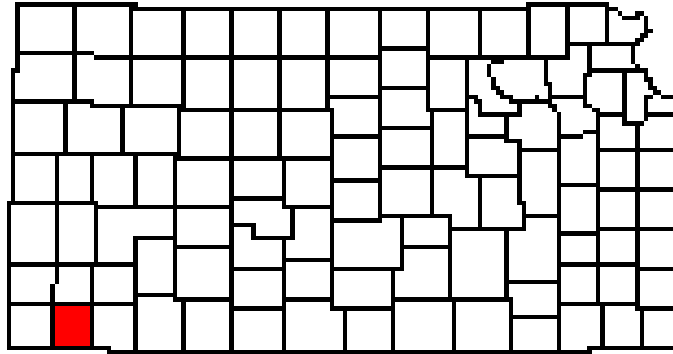


# STEVENS



## Books:

The following Arthritis Foundation books are available at:

[Hugoton Library](#)

500 S. Monroe Street

Hugoton, KS 67951

620-544-2301

<http://www.trails.net/hugoton/schr.html>

*Good living with Arthritis*

*Good living with Osteoarthritis*

*Good living with Rheumatoid Arthritis*

*Good living with Fibromyalgia*

*All about Back Pain*

*Guide to managing your arthritis*

## Rheumatologists:

There are no rheumatologists located in your county. Please see surrounding counties or rheumatologist located in **COLORADO** or **OKLAHOMA**.

## Programs:

### **Arthritis Foundation Aquatic Program**

The warm water exercise program offers improved joint flexibility, range of motion and muscle strength. Videos are available for at-home exercises from the Arthritis Foundation.

Currently, there are no Arthritis Foundation Aquatic Program classes offered in your county. Please see surrounding counties.

### **Arthritis Foundation Exercise Program**

This program is a gentle land-based exercise class for increasing or maintaining joint flexibility, range of motion and muscle strength. Videos are available for at-home exercises from the Arthritis Foundation.

Currently, there are no Arthritis Foundation Exercise Program classes offered in your county. Please see surrounding counties.

### **Support Groups:**

There are no support groups located in your county. Please see surrounding counties.